

# *Brookfield Senior Center*

*"... a place where things are happening!"*

## *February 2022 Newsletter*

*Inclement Weather Policy: If Brookfield schools are closed **due to weather**, the Brookfield Senior Center is closed for regular programming. If there is a weather-related delay, we open on time, but all exercise classes that begin before 10:00 a.m. are cancelled. In case of unusual closings or if you have any questions, please call the Center at 203-775-5308.*



### *Valentine's Events at the Center*



**Thursday, February 10** – *Valentine's-themed Activity packet pick-up.* Pick up your special themed packet on Thursday this week.

**Monday, February 14 at 1:30 p.m.**– *Coloring Club Valentine's Project.* The Coloring Club meets every week for coloring fun, but we will have a special project available for Valentine's Day. Join the fun.

**Friday, February 18** – *Valentines Movie Matinee: Valentine's Day.* It comes every year whether we like it or not. It's the day when our love lives are put on display. There's always a chance for romance or disaster. It can be confusing, complicated, but at the end of the day, it's all about love. (Julia Roberts, Ashton Kutcher, Jennifer Garner, Bradley Cooper, Jessica Biel, Patrick Dempsey, Anne Hathaway, Jamie Foxx, Jessica Alba, Eric Dane, Shirley MacLaine, Topher Grace, Queen Latifah.) An incredible lineup of stars populates this ensemble romantic comedy revolving around five relationships in Los Angeles -- all of which intersect and are put through the paces during the course of the titular romantic holiday. *Registration Required.*



### *AARP FREE Tax Preparation Assistance*

**Beginning Friday, February 4, Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low- and middle-income taxpayers. Sign-up is required. If married, both spouses **MUST** be present. Be **SURE** to bring the following:**

- The past two years' federal income tax forms
  - Photo ID
  - All tax forms received, including W-2, 1099, Social Security, Access Health CT Exchange 1095 Statement (if applicable). *Please schedule your appointment after March 1 if you have brokerage statements.*
  - Documentation for all itemized deductions (medical, taxes, interest and charitable contributions)
  - Personal check if you wish to have your refund directly deposited or payment made directly to you
- Call the Senior Center (203-775-5308) to schedule an appointment.*

Please note that all Covid-19 protocols will be followed and that you will be asked to wait in your car until your appointment time to maintain social distancing.

### *Please make a note- we are closed:*

Friday, February 11 – Lincoln's Birthday  
Monday, February 21 – Washington's Birthday

## ***Mark your Calendars:***

**Knitting and Quilting – Tuesdays at 10:00 a.m.** Bring your own project and enjoy the company of other like-minded seniors. This is a great way to make new friends. Register in advance as space is limited in the Craft Room.

**Friends of Brookfield Senior Center (FOBSC) – Tuesday, February 8 at 12:15 p.m.** Please join us as we discuss activities at the Center. Register in advance.

**Blood Pressure Screening - Thursday, February 17 from 9 a.m. – 1 p.m.** Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton for blood pressure screening. Appointments will be in 20-minute timeslots.

**Art with Adele - Tuesdays, 1 p.m. – 3 p.m.** Bring your own supplies and painting project and join Adele and friends. Space is limited to ten participants. Register using the enclosed form.

**Let's Talk- Wednesdays at 10:45 a.m.** This friendly group will gather to connect and chat. Register in advance as space is limited.

**Ask an Attorney Roundtable - Thursday, February 3 at 9:30 a.m.** Michelle Ligouri, JD, is here to help you with your *general legal questions*. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended. *Register on the attached form.*

**Reflexology with Eileen – Friday, February 25.** Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Please use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen.*

**Weekly Activity Packets -** Weekly Activity Packets are available for pickup every Friday. Please sign up so we know how many to prepare. Packets are filled with coloring sheets, puzzles, articles, and more.

**Join us For Lunch!** We're serving lunches Monday through Thursday at noon. See enclosed menu. You need to register at least one week in advance. The suggested donation is \$3.00 per lunch.

**Senior Center Book Club – Wednesday, February 23 at 1:30 p.m.** Our book for February is *The Sundown Motel* by Simone St. James. The secrets lurking in a rundown roadside motel, ensnare a young woman, just as they did her aunt 35 years before in this new atmospheric suspense novel from the author of *The Broken Girls*. *Registration is required.* Books will be on reserve for us at the Brookfield Library.

**Coloring Club - Mondays at 1:30 p.m.** *Feeling winter blues?* Try the Coloring Club. Coloring books are not just for kids! Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills and help train the brain to focus and generate a creative mindset. Bring your own coloring supplies or use ours.

**Games and More Games! Tuesdays and Thursdays from 10:30 a.m. – noon.** *Come play with us.* We will have ping-pong, corn hole and Wii Bowling available. Bring a friend to play with or come and make new friends. Come for some fun and plan to stay for lunch.

**Grace & Frankie Fabulous Friday! Let's Laugh Out Loud, Friday, February 4 at 1:00 p.m.** Join us for a monthly showing of the Netflix comedy series, *Grace & Frankie*, co-starring Lily Tomlin, Jane Fonda, Martin Sheen and Sam Waterson. *Register on the enclosed form for this month.*

***Fabulous Friday Bingo***  
***Friday, February 25 at 1:00 p.m.***



Join us for an afternoon of fun and prizes! *Registration is required on the attached form.*

***Brookfield Knights of Columbus brings lunch to you  
Saturday, February 12***

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, February 3. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*

***Automatic Telephone Updates:*** To update you quickly, we are using a call feature offered by *My Senior Center*. You may receive a call from a Massachusetts number (617-855-0125) and it may be marked as “potential spam.” To receive a message on your cell phone, you may have to add “My Senior Center Brookfield” with this number as a contact or make sure this number is not blocked. This is the quickest way we’re able to update you on closings, class and program changes etc. We hope that you’ll find this information useful.

***From Lorraine Kelley, LCSW, Social Services Coordinator  
203-775-7312***

***Homeowner’s property tax credit***

The Homeowner’s property tax credit program filing period is February 1- May 15. If your income (including Social Security) is no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a property tax credit. For more information about this credit and other tax benefits and exemptions, please visit the Tax Assessor’s Department on the Town of Brookfield’s website [www.brookfieldct.gov](http://www.brookfieldct.gov) or call 203-775-7302.

***CEAP***

Applications for the CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,027 (individuals) and \$51,035 (couples), you may be eligible for assistance with your heating bills (note updates to qualifying income). To apply, you must show current income information, including the last 4 weeks of pay-stubs, if you’re employed. Please contact Lorraine at 203-775-7312 if you think you qualify.

***Medicare Deductibles for 2022***

Part A deductible for 2022: \$1,556 each hospitalization outside of a 60-day benefit period  
Part B Deductible: \$233/year. Please visit [www.medicare.gov](http://www.medicare.gov) for more information.

***Medicare Savings program***

If your monthly income (including Social Security benefits) falls below \$2,641 for individuals and \$3,572 for couples, you may be eligible to receive help to pay for Medicare premium deductibles and Medicare Part D co-pays. If your income falls below \$2,265 for individuals and \$3,064 for couples, you may also qualify for help with medical co-pays (these income limits are subject to change in March). To learn more about this program and/or to apply call Lorraine Kelley at Brookfield Social Services at 203-775-7312.

***Medicare pays for Covid-19 tests***

Medicare pays for COVID-19 diagnostic tests performed by a laboratory, such as PCR and antigen tests, when the test is ordered by a physician or other authorized health care professional. People enrolled in a Medicare Advantage plan should check with their plan to see if their plan offers coverage and payment for at-home over-the-counter COVID-19 tests, as well.

***VIP Group***

The Low-Vision Group (VIP) will not meet in February. Stay warm and safe!

## Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804

### Brookfield Senior Center

100 Pocono Road Brookfield, CT 06804 Telephone: 203-775-5308

<https://www.brookfieldct.gov/senior-center>

*Director of Senior/Social Services:*

Ellen Melville [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

*Senior/Social Services Program Coordinator:*

Amy Diezemann [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

*Senior/Social Services Administrator*

Kathy Creighton [kcreighton@brookfieldct.gov](mailto:kcreighton@brookfieldct.gov)

*Social Services Coordinator*

Lorraine Kelley, LCSW  
[lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)

***All Are Welcome Here!***

Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political



#### ***FISH Medical Transportation:***

Transportation for medical appointments weekdays from 9 a.m. - 2 p.m.

Ambulatory disabled and/or seniors.

Brookfield residents only. Call **203-616-9678** to submit request at least **3** days prior to appointment.



#### ***SweetHART Telephone:***

Main Phone: 203-744-4070

Reservations: Press 3

#### ***Meals on Wheels:***

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

#### ***Elder Justice Hotline:***

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

**Main phone: 860-808-5555**

## ***Improve Your Mind & Body***

*Register and pay using the enclosed form for classes each month. We cannot accommodate walk-ins.*

***Yoga with Eileen:*** Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat.

***Back in Balance with Kathy - Entry Level Class:*** Mondays at 1:00 p.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation.

***Cardio Dance Party with Matt:*** Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning!

***Tai Chi with Susan:*** Wednesdays at 9:30 a.m. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Susan's gentle encouragement and enthusiasm will help you quickly feel the benefits of this class.

***Functional Strength and Balance with Cassie – Intermediate Level Class:*** Wednesdays at 1:00 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights.

***Chair Yoga with Eileen:*** Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

***Bandstand Boogie with Matt:*** Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

***Wellness and Wisdom with Eileen:*** Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level.

*Please consult your personal physician before beginning any new exercise class.  
Wear appropriate footwear and clothing for class and always bring your water bottle.*

## ***Wellness Corner***

*"The older you get, the better you get. Unless you're a banana!"*

Betty White

It's cold outside! If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you sick. Older adults lose body heat fast. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can lead to hypothermia. Hypothermia occurs when the body temperature drops below 95 degrees. Being outside in the cold or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia. One of the main warning signs of hypothermia is shivering, although if the condition occurs indoors in a cold home shivering may be absent. Try to set your thermostat to at least 68 degrees. Watch for signs of hypothermia in yourself. You might become confused if your body temperature gets very low. Are you speaking slower than normal and having trouble keeping your balance? Other signs that you may be dangerously cold include slurred speech, drowsiness, confusion, irritability and rapid breathing.

It is best to avoid going out in extreme cold, particularly if it is windy as this increases the rate of heat loss from the skin. If you do go out, wear several light layers instead of just one or two heavy layers. Most body heat is lost through the head, so always wear a hat. Wear mittens instead of gloves as they keep fingers warmer. *Stay warm!*



## ***Programs and Life-Long Learning ~ Come explore and discover!***

**New Britain Museum of American Art** is right in our back yard. Not ready to explore in person? They have some great on-line events to take you through the cold winter days:

- View the permanent collection digitally through the eMuseum alphabetically, by artist, and by exhibition. As you browse along, notice the links to accompanying essays to learn more about your favorite art, and discover something new! <https://www.nbmaa.org/emuseum>
- Virtual Reality Experience during Black History Month: Enjoy Kara Walker: Harper's Pictorial History of the Civil War. Each print in the portfolio is an enlargement of a woodcut plate from Harper's Pictorial History of the Civil War, 1866. Learn more about the exhibition: <https://nbmaa.org/online>

**Centers for Interactive Learning & Collaboration: Sponsored by the Penn Museum. If you missed the series in October, here it is again! Global Voyagers: Expedition to Africa: Tuesday, February 1, 11:00 a.m.** Explore a kingdom so rich, they used gold dust for money. Discover the central role African civilizations have always played in world history. Your fellow voyagers will help you explore along the way. *Register on the enclosed form. The Center will send you the Zoom link.*

**AARP Virtual U Community** offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. Here's a taste of a few fun virtual classes for you to check out. If you cannot make these, then take a look at their February event schedule: <https://local.aarp.org/brookfield-ct/aarp-events/>

- Tuesday, February 1, 7:00 pm – 8:00 pm: Origami 'How To for Valentine's Day.' *To register:* <https://local.aarp.org/vcc-event/introduction-to-origami-pvnxy7bjcnk.html>
- Monday, February 7, 7:00 p.m. – 8:00 p.m.: Charcuterie Boards. *Make an incredible work of art! To register:* <https://local.aarp.org/vcc-event/culinary-class-gourmet-charcuterie-boards-nfnsxz5jgyp.html>
- Wednesday, February 23, 12:30 p.m – 4:45 p.m. AARP CT SmartDriver Virtual Class. *To register:* <http://aarp.cvent.com/dsvirtual>; \$20 for AARP Members; \$25 for non-members.

**National Audubon Society: Great Backyard Bird Count!** Wednesday, February 17 at 2:00 p.m. Join our experts as we brush up on bird ID, unlock the mystery of bird songs, and practice counting birds no matter how large the flock or busy the feeder. This webinar is designed for birders of all ages and experience—you'll leave confident and ready to be part of the GBBC! *To register:* <https://www.birdcount.org/>

**Oasis Senior Advisors Downsize Gourmet:** Monday, February 21 at 3:00 p.m. Even though we are closed for the President's holiday, you can still enjoy Susan and Paul Doyle. Enjoy preparing smaller scale recipes from the comfort of your home. *Register on the enclosed form. The Center will send you the Zoom link.*

**Meet the Linden at Brookfield.** Wednesday, February 9 at 10:00 a.m. You are invited to learn more about The Linden at Brookfield, a Leisure Care Community located at 291 Federal Road. The Linden is an assisted living community providing an independent lifestyle and they are the new kids in town! Please register so we know how many to expect.

**Brain Games with National Health Care.** Wednesday, February 23, 10:00 a.m. Join Danielle Ramos, CDP, for an activity that is not only fun but good for you. There are many ways we can improve brain health through eating the right foods, getting enough sleep, exercising our bodies and exercising our brains. During "Brain Games," you engage in a variety of trivia and word games utilizing long term memory and working memory - an enjoyable and effective way to improve brain health.

# BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

## February 2022

You must have a current membership form on file for 2021-2022.

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m. (In person)	\$10	\$_____
___ Mon Back in Balance at 1 p.m. (In-person)	\$10	\$_____
___ Tues Dance Party at 9:30 a.m. (In-person)	\$15	\$_____
___ Wed Tai Chi at 9:30 a.m. (In-person)	\$15	\$_____
___ Wed Functional Strength & Balance at 1:00 p.m. (In-person)	\$10	\$_____
___ Wed Chair Yoga at 2:30 p.m. (In-person)	\$15	\$_____
___ Thurs Bandstand Boogie at 9:30 a.m. (In-person)	\$15	\$_____
___ Fri Wellness & Wisdom at 10:30 a.m. (In-person)	\$10	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Knitting and Quilting: Tuesdays at 10:00 a.m.		
___ Let's Talk: Wednesdays at 10:45 a.m.		
___ Weekly Activity Packet: pick up on Fridays		
___ CILC: Global Voyagers: Tuesday, Feb 1 at 11:00 a.m. (Zoom)		
___ Ask an Attorney: Thursday, February 3 at 9:30 a.m.		
___ Grace and Frankie Friday: Friday, February 4 at 1:00 p.m.		
___ Knights of Columbus lunch delivery: Saturday, February 12		
___ Address: _____		
___ FOBSC Meeting: Tuesday, February 8 at 12:15 p.m.		
___ The Linden: Wednesday, February 9 at 10:00 a.m.		
___ Blood Pressure Screening: Thursday, February 17 (call for time)		
___ Movie Matinee: Friday, February 18 at 1:00 p.m.		
___ Downsize Gourmet: Monday, February 21 at 3:00 p.m. (Zoom)		
___ Brain Games: Wednesday, February 23 at 10:00 a.m.		
___ Book Club: Wednesday, February 23 at 1:30 p.m.		
___ Bingo: Friday, February 25 at 1:00 p.m.		
___ Reflexology with Eileen: ___ Friday, Feb 25		
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> . Payment (where required)		
___ Check attached ___ charge online		\$_____




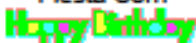




# CW Resources Senior Community Café

February, 2022

1% milk provided  
Margarine available

## MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Apple Juice Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn  Tortilla Birthday Cake	2 Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered Parslied Noodles  Broccoli Rye Bread Banana	3 Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	4
7 Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies 100% Whole Wheat Citrus Sections	8 Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce Hamburger Bun Fresh Orange	9 Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Pears	10 Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	11
<b>Valentine Special</b> 14 Chicken Cordon Bleu Sweet Potatoes Buttered Peas  Dinner Roll Valentine Treat	15 Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Brownie	16 Lazy Man's Stuffed Peppers Broccoli Wheat Bread Pineapple Chunks	17 Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts Rye Bread Tropical Fruit Cup	18
21 	22 Beef and Bean Chili Mac Meadow Blend Veggies Corn Bread Fresh Orange	23 Apple Juice Roast Pork with Pork Gravy Sweet Potatoes Creamy Spinach 100% Whole Wheat Chocolate Chip Cookies	24 Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	
28 Turkey Kielbasa with Sauerkraut Pierogis Spinach Rye Bread Tangerine	 			






# SENIOR ACTIVITIES ~ FEBRUARY 2022

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 10:30 Games and More 11:00 CILC – Global Voyagers 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Cards and Games 7:00 AARP Virtual Classroom - Origami**	<b>2</b> 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga	<b>3</b> 9:30 Bandstand Boogie 9:30 Ask an Attorney 10:30 Games and More 12:00 Lunch Program 1:30-3:30 Cards and Games	<b>4</b> 8:30 AARP Tax Prep 10:30 Wellness and Wisdom 1:00 Grace and Frankie Fabulous Friday!  <i>Weekly Packet Pickup</i>
<b>7</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 1:30 Coloring Club 7:00 AARP Virtual Classroom – Charcuterie Boards! **	<b>8</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 10:30 Games and More 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:30-3:30 Cards and Games	<b>9</b> 9:30 Tai Chi 10:00 The Linden at Brookfield 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga	<b>10</b> 9:30 Bandstand Boogie 10:30 Games and More 12:00 Lunch Program 1:30-3:30 Cards and Games  <i>Valentine's Activity Packet Pickup</i>	<b>11</b>  <b>SENIOR CENTER CLOSED</b>    <i>Lincoln's Birthday</i>  <i>Knights of Columbus Lunch delivery on Saturday, February 12</i>
<b>14</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 1:30 Coloring Club – Valentine's day themed!  	<b>15</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 10:30 Games and More 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Cards and Games	<b>16</b> 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga	<b>17</b> 9:00 Blood Pressure Screening 9:30 Bandstand Boogie 10:30 Games and More 12:00 Lunch Program 1:30-3:30 Cards and Games 2:00 National Audubon Society – Virtual GBBC! **	<b>18</b> 8:30 AARP Tax Prep 10:30 Wellness and Wisdom 1:00 Movie Matinee – Valentine's Day  <i>Weekly Packet Pickup</i>
<b>21</b>  <b>SENIOR CENTER CLOSED</b>    <i>Washington's Birthday</i>  3:00 Downsize Gourmet - Zoom	<b>22</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 10:30 Games and More 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Cards and Games	<b>23</b> 9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 12:30 AARP Virtual Classroom –SmartDriver Safety** 1:00 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga	<b>24</b> 9:30 Bandstand Boogie 10:30 Games and More 12:00 Lunch Program 1:30-3:30 Cards and Games	<b>25</b> 8:30 AARP Tax Prep 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Bingo  <i>Weekly Packet Pickup</i>
<b>28</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 1:30 Coloring Club		Advance registration with the Center is required for all programs unless otherwise noted.  Use the enclosed registration form.  ** Register directly with Agency		